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**BULLETIN**  
**OF**  
**The NORTH CAROLINA**  
**STATE NORMAL and**  
**INDUSTRIAL COLLEGE**



**METHODS *of* SAVING WHEAT, MEAT**  
**SUGAR and FAT**

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***How to Meet War Problems at Home***

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**GREENSBORO, NORTH CAROLINA**

**NOVEMBER, 1917**

Monograph

**¶ The North Carolina State Normal and Industrial College stands for a public educational system that will educate all the people. The authorities of the Institution regard the College as a part of the public school system, and believe that it has a duty to discharge, not only to those who study within its walls, but to that great body of people who, for one reason or another, will not enter this or any other school or college.**

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Methods of Saving Wheat, Meat, Sugar and Fat  
How to Meet War Problems at Home

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BY

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State Normal and Industrial College

# METHODS OF SAVING WHEAT, MEAT SUGAR AND FAT

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HOW TO MEET WAR  
PROBLEMS AT HOME

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AUG 19 1919



To the Patriotic Women of North Carolina  
Who Will Wage War Against Waste, and  
Thus Do Their Share to Help Our Country  
and Our Allies Win a Glorious Victory for  
Humanity.

# BULLETIN

OF

## The North Carolina State Normal and Industrial College

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GREENSBORO, N. C., NOVEMBER, 1917

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### A. METHOD OF SAVING WHEAT

1. By grinding white flour and saving some of the shorts for human consumption—saves 10-15 %.
2. By grinding in Graham flour—saves 15 %.
3. By using wheat flour in combination with other food products.
4. By using corn bread once each day.

These methods will release thousands of bushels of wheat for our Allies and our men in camp. Nor is the economic gain the only consideration: a gain in health is the outcome.

### GRADUAL CHANGES NECESSARY FOR WELL-BEING OF HUMAN SYSTEM

The human system does not respond to sudden and direct changes, hence the necessity for continuing the use of some white flour. Southern people have lived too exclusively on white flour and the result shows itself in constipation and other anaemic conditions. The use of white flour once each day with corn bread for dinner and shorts made into muffins, quick biscuits, griddle cakes for a third meal, will soon show itself in better physical conditions, and in greater efficiency value. Whole wheat, or Graham flour as it is milled in the State, actually furnishes a better food than white flour because it contains a much larger percentage of mineral matter, vitamins and bulky structure, all of which are found principally in some of the outer cellulose coverings of the wheat grain—the part usually sold as stock feed in the process of making white flour. A lack of these important substances in the diet causes many of the deficiency diseases—bad teeth, weak bones, anaemia, etc.



*Example 1.* Have a part of the wheat ground in white flour and save one-half of the shorts for human consumption. The remainder of the shorts may be mixed with the bran for stock feed.

- a. Use the white flour as formerly, and in combination with white potatoes, sweet potatoes, and corn meal.
- b. Use the shorts for muffins, soft biscuit, griddle cakes and waffles.

*Example 2.* Have wheat ground in Graham flour.

- a. Use for light bread and biscuit, and in combination with white flour, corn meal, potatoes, and soy bean meal.

## RECIPES UNDER EXAMPLE ONE

### SHORTS GRIDDLE CAKES.

1 Egg	$\frac{3}{4}$ cup shorts
1 cup milk (sour)	2 tablespoons white flour
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon soda
1 tablespoon oil or drippings	1 teaspoon baking powder

Beat the egg, add milk, salt, oil, shorts and flour. When griddle is hot, add baking powder and soda. Bake.

### SHORTS MUFFINS

1 egg	1 tablespoon drippings or oil
$1\frac{1}{4}$ cups milk	$1\frac{3}{4}$ cups shorts
1 teaspoon salt	2 teaspoons baking powder

Beat the egg, add milk, salt, shorts, drippings, and when the muffin pans are hot and greased, add baking powder. Beat well, and bake in a hot oven. This requires a higher heat than is necessary for white flour muffins. The shorts muffins are very satisfying, and are of benefit to those who live sedentary lives. Whole families have been cured of habits of constipation by the use of shorts.

### SHORTS BISCUIT

2 cups shorts	1 teaspoon baking powder
1 teaspoon salt	2 tablespoons fat
$\frac{1}{2}$ teaspoon soda	$1\frac{1}{4}$ cups sour milk

Mix the dry ingredients thoroughly, add fat, and when the oven is hot, add the milk. Toss on a well floured board, roll out lightly and quickly and cut. Bake in a quick oven. These are sweet, nutty and very wholesome if rolled thin and baked quickly.

## LIGHT BREAD

### WHITE FLOUR AND IRISH POTATOES.

$\frac{1}{2}$ cup milk or water	4 cups cooked potatoes
4 tablespoons sugar	8 cups flour
4 tablespoons fat	$\frac{1}{2}$ cake compressed yeast
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ cup warm water

(U. S. Dept. of Agriculture Bulletin)

Make a very stiff dough, and knead the potatoes into it by spoonfuls. This makes three loaves.

## ROLLS

### WHITE FLOUR AND IRISH POTATOES.

5 cups white flour	2 tablespoons fat
3 cups mashed potatoes	1 teaspoon salt
1 tablespoon sugar	1 cake yeast
$\frac{3}{4}$ cup warm water, or enough to make stiff dough.	

Make a stiff dough and knead the potatoes into the dough by spoonfuls. When light, make into rolls, grease the rolls to keep them soft. When light as feathers to touch, bake in a moderately hot oven.

### STALE BREAD GRIDDLE CAKES.

$1\frac{1}{2}$ cups crumbs	1 egg
2 cups of milk or water	1 teaspoon salt
1 tablespoon drippings	2 teaspoons baking powder
$\frac{3}{4}$ - $1\frac{1}{4}$ cups Graham flour or shorts (depending on freshness of crumbs).	

Pour the hot liquid over the crumbs, add flour, fat and salt, and when cool add the beaten yolk. When the griddle is hot, add baking powder and white of egg. Cook each cake on one side until it is set and full of air bubbles, then turn once only.

## RECIPES UNDER EXAMPLE TWO

## GRAHAM FLOUR AND SOY BEAN, OR CORN MEAL.

## BROWN BREAD

3 cups Graham flour	1 cup raisins (with or without)
1 cup soy bean meal	$\frac{1}{2}$ cup brown sugar
or 1 cup corn meal	$\frac{3}{4}$ cup molasses
1 teaspoon soda (round)	2 cups sour milk
1 teaspoon baking powder	1 egg

In a large bowl mix flour, meal, soda, baking powder and raisins. In a smaller bowl beat the egg and add brown sugar, molasses and sour milk. Pour the liquid into the dry ingredients and mix quickly. Wet two (1 lb) coffee cans and pour batter into them, cover with tight lids, and put into boiling water. Steam  $1\frac{1}{2}$ -2 hours.

This bread is fine food for school lunches, particularly so if cornmeal is used instead of soy bean meal. It is not only a rich bread, but is a wholesome substitute for cake. The soy bean meal used in combination with the Graham flour to make this bread is much higher in food value, as the soy bean is rich both in protein and fat, but it is not as well adapted to school lunches. It makes a fine food for those working in the open air. For soldiers in camp it will serve not only as bread and cake, but as a good substitute for meat if taken with either sweet milk or buttermilk.

## GRAHAM AND CORN MEAL MUFFIN.

1 egg	1 tablespoon oil or drippings
1 cup milk	1 cup Graham flour
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup corn meal
2 teaspoons baking powder	

Beat the egg, add milk, salt, flour and meal, oil, and baking powder. Bake in hot greased muffin pans.

## CORN AND CORN MEAL

Corn is the South's largest asset when we take stock of the war foods. This is true not only because of our record-breaking crop of 1917, but because the white corn of the South, when ground in the old-fashioned burr mill—water ground meal—



has the entire grain ground, with the exception of a thin outer husk, and is of fine food and fuel value, practically the same as wheat flour. It is a little richer in fat than flour. The germ, or kernel, is retained by the old-fashioned method of grinding. It gives corn a higher food value, but is harder to keep fresh. The commercial meal of the South is ground by modern machinery and bolted. It has better keeping qualities, but lacks the perfection of the water-ground meal.

The quality of the protein in corn meal is not elastic, as is white flour, but is valuable as a tissue builder, and from the standpoint of good dietary measures, cornbread should be on our table every day—at least once a day.

#### HOE CAKE

The simplest and easiest to follow is the hoe cake.

Mix equal quantities of water-ground meal with boiling water. Stir until the dough begins to stiffen, then let it stand a few moments and stir again. Add salt or not to suit the taste. Make into pones and put on a hot, greased griddle. Cover with a deep pan sufficiently close fitting to hold in all steam. Cook slowly until brown, then turn and keep covered until the other side is brown and the center is soft and spongy.

#### BAKED CORN PONES

This same hoe cake dough may be made into pones and baked in a hot oven. These are excellent, but it requires high heat while the same dough baked on a griddle requires high heat only at the beginning.

TO ECONOMIZE IN MEAT USE WITH THE HOE CAKE dough 25% of soy bean meal. Add the soy meal after the dough has become tough—just before it is made into pones. The soy bean meal is very rich, both in fat and protein, and is of great value to those working in the open air. It gives the bread a rich, nutty flavor.

#### ! BATTER BREAD.

1 cup meal	1 teaspoon salt
1 cup boiling water	1 egg
2 cups sour milk	1 teaspoon soda (level)

Scald the meal with the boiling water, add milk, beaten

egg, salt and soda. Bake in a hot oven. Cold rice, grits, or Cream of Wheat may be added to this batter.

Calls are coming to us for the OLD - FASHIONED SOUTHERN CORN PONE or Lightbread. The old-fashioned corn pone was made light by the action of the wild yeast plants, and necessarily took a long time to make and bake it. By the use of a little compressed or fresh yeast and 25% white flour, practically the same result may be had in much less time.

#### CORN PONE.

3 cups corn meal	1 teaspoon salt
3 cups hot water or milk	$\frac{1}{8}$ cake of yeast
1 cup white flour	

Warm water to make a sponge.

Make a sponge of the white flour, yeast and lukewarm water, and when full of bubbles, add the meal which has been scalded and cooled previously. Mix thoroughly, put in a greased pan to rise. When light, bake in a hot oven. Good with fresh buttermilk and good butter.

#### CORN MUFFIN BREAD

2 cups corn meal	1 egg (or 3 level tablespoons
2 cups sour milk	of powdered egg)
1 teaspoon salt	1 level teaspoon soda
$\frac{1}{2}$ cup of soy bean meal (with or without)	

Make and bake as any corn muffin batter. The soy bean meal is rich both in protein and fat, and is fine food for those working out in the open. The soy bean is about 39% protein, and 19% fat, and for that reason not over 25% should be used in the beginning. After the human system adjusts itself to its use, we may safely use 50% in batters with both corn meal and whole wheat flour. Soy bean meal retails at 5c per lb. at Caraleigh Mills, Raleigh, N. C., or Farmer's Oil Mills, Wilson, N. C.

The whole grain of corn—the old-fashioned lye hominy—may be used, too, to save both wheat and meat.

#### HOW TO MAKE LYE HOMINY.

Clean hardwood ashes are necessary—hickory is best. If you have no hopper, punch a few holes in the bottom of an old,

clean tin bucket. Cover the bottom of the bucket with straw and fill with ashes. Pour water on the ashes, and let the lye drip in a clean vessel. Cover the whole grain of corn with the lye, and cook until the outer husk of the corn is loose. Rinse well, and rub the corn between the palms of the hands to remove the outer husk. Wash, soak over night, and cook in water in which the corn has soaked until tender. The fireless cooker is a great saver of time in making lye hominy.

Lye hominy may be served boiled as a vegetable, or if browned in bacon drippings is very appetizing.

For other uses of lye hominy see page 22.

## B. METHODS OF SAVING BEEF, MUTTON AND PORK

*(These must be released for the strenuous life of men in the trenches.)*

Foods high in tissue building power are beef, mutton, veal, lamb, pork, poultry, game, fish, cheese, milk and eggs. These are known as complete or efficient tissue building foods.

The incomplete proteins, or tissue builders, are soy beans, dried peas and beans, lentils, nuts, corn, wheat, oats, barley, rye, buckwheat and gelatin. These need to be supplemented by a small proportion of milk, eggs or cheese to meet the need, of the body. The following recipes are worked out to meet that need, and to help the patriotic housekeepers of North Carolina do their share in aiding our countrymen and our Allies to win the war and make the world safe for democracy.

1. Use animal foods that cannot be shipped.
  - a. Poultry and eggs.
  - b. Rabbit, squirrel, wild duck—game in season.
  - c. Fish—fresh, smoked and salted.
  - d. Milk.
  - f. Skim milk and cottage cheese.
2. Vegetable foods.
  - a. Legumes—peas, beans, peanuts, cow peas, soy beans, etc.



- b. Cereals—oats, rye, buckwheat, corn. (do not use wheat)
- c. Nuts—hickory nuts, black walnuts, pecans, peanuts.
3. Bones, bits of uncooked meats, stalks and leaves of vegetables in soups.
4. Left over meats (cooked) in meat substitute dishes.
  - a. With corn.
  - b. With legumes.
  - c. With vegetables.
5. As far as it is possible, use green vegetables from the winter garden and from the pantry shelf for the bulky food. By doing this, much of the more expensive tissue-building foods may be released for other needs.

*Examples* — One or two green or succulent vegetables with *one* starchy vegetable as Sweet or Irish potatoes or lye hominy with corn bread and milk for *dinner* will not only save in protein food, but will keep the system in better condition. The green vegetables are necessary, summer and winter, to keep the machinery of the system in good order. They hold certain oils that are necessary for growth and development.

*Example 1.*

Turnip greens, potatoes, onions, cornbread, pie, sweet milk.

*Example 2.*

Snap beans, potatoes, corn, cornbread, milk.

*Example 3.*

Peas, Rice, Tomatoes, Pie and Cheese.

EGGS.

EFFECT OF HEAT.

Heat hardens and toughens albumen. Albumen coagulates below the boiling point. At about 160 degrees F. the albumen of the egg is a soft, tender, white jelly; therefore, eggs cooked below the boiling point are more digestible and wholesome.

SOFT-COOKED EGGS.

(1) Pour boiling water over the eggs, four to 1 quart; cover the vessel, allowing it to stand where the water cannot



boil from 7 to 10 minutes, depending on consistency desired.

(2) Pour boiling water in both compartments of a double boiler. Put the eggs in the inner division; keep covered in a warm place for 8 minutes.

(3) Put eggs in cold water; bring the water to the boiling point. Serve immediately.

#### HARD-COOKED EGGS.

(1) Let eggs stay in a steamer 40 minutes. This makes the most digestible of all hard-cooked eggs.

(2) Pour boiling water in both compartments of a double boiler; put the eggs in the inner division; cover and place on the back of the stove, where water will not boil, for 45 minutes. The yolks will be granular and the whites will be firm, but not tough. Egg yolks cooked in this way are very valuable for undernourished children and convalescents.

(3) Boil 30 minutes.

#### POACHED EGGS.

Break the eggs one at a time in a saucer, and slip them into a pan of boiling salted water. Remove at once to a cooler part of the stove, where the water cannot boil. As soon as the eggs are set, serve with buttered toast. Sprinkle with pepper and salt. Only fresh eggs can be poached.

#### SCRAMBLED EGGS.

Do not beat the eggs. Cut the yolks just enough to mix with the white, sprinkle with salt and pepper, pour into a hot, greased pan, and cook until set. Now lift the pan slightly and at the same time draw back with a spoon the part already set. If the cook is careful, this will make a pretty dish of white and gold.

#### CREAMY OMELET.

Eggs, 4; cream sauce,  $\frac{1}{2}$  cup; salt,  $\frac{1}{2}$  teaspoon; pepper to taste. Beat the yolks, add cream sauce, salt and pepper; then fold in well-beaten whites; pour into a hot, buttered pan, cook slowly until set; fold, turn out, and serve at once.

#### CREAM SAUCE.

Milk, 1 cup; flour, 2 tablespoons; white pepper to taste; butter, 2 tablespoons; salt, 1 teaspoon. Cream the butter and flour: add milk and bring slowly to a boil, stirring all the time. Add salt and white pepper.

## OMELET.

Eggs, 3; milk, 1 cup; cold grits, 1 cup; salt,  $\frac{1}{2}$  teaspoon; pepper to taste; butter, 1 teaspoon. Heat the milk and cold grits, separate the eggs and add the well-beaten yolks, salt and pepper to the milk and grits after it is cool, fold in the well beaten whites, and bake in a buttered pan.

## BAKED OMELET.

Eggs, 4; milk, 1 pint; flour, 2 tablespoons; salt and pepper. Beat the yolks of the eggs; add flour, salt and pepper. When well mixed, pour in the hot milk, stirring all the time; then fold in well-beaten whites; pour in a hot, buttered baking pan, and bake in a moderate oven.

## POACHED EGGS IN CREAM SAUCE.

Milk, 2 cups; butter, 3 tablespoons; flour, 3 tablespoons; eggs, 4 to 6; salt and pepper. Cream the butter and flour while milk is heating. When the milk is hot, add the creamed butter and flour, and stir until smooth. Season with salt and pepper. When about ready to serve, drop in the eggs and cook just below the boiling point until jelly-like or as hard as you wish.

## STUFFED EGGS.

(1) Boil the eggs by "Method 1" for HARD-COOKED Eggs, page 11. Cut in halves lengthwise, mash the yolks to a paste, and season with salt, pepper, mustard and vinegar.

(2) Cut the eggs in halves lengthwise, mash the yolks and add about half the quantity of cold minced ham, chicken, or tongue. If ham is used, serve with a suspicion of mustard and cayenne. If chicken is used, serve with a little parsley. If tongue is used, serve with a few drops of onion juice.

## CREAMED EGGS.

Hard-boil the eggs; cut into halves. Make a rich cream sauce and pour over the eggs, or better still, when stock is left from chicken or turkey, make a sauce of it by using  $\frac{1}{2}$  pint of stock, 2 tablespoons each of butter and flour.

Melt the butter, add the flour, stirring steadily to keep from burning; pour the chicken stock into the flour and butter, and stir until smooth. Add seasoning if necessary: pour over the eggs. Serve hot.

## EGGS SCRAMBLED WITH TOMATO OR CHILI SAUCE.

Eggs, 4; salt and pepper; water, 1 tablespoon; tomato sauce,  $\frac{1}{4}$  cup; or Chili sauce, 1 tablespoon.

## EGGS SCRAMBLED WITH CHICKEN GRAVY.

Eggs, 4; salt, 1 teaspoon; thick chicken gravy, 2 tablespoons. Beat the eggs, salt and chicken gravy enough to mix. Pour into hot, greased omelet pan, and keep moving so that all parts of the egg will be evenly cooked.

## POULTRY.

## SMOTHERED CHICKEN.

Clean, dress and split the chicken down the middle of the back; break the breastbone to make the fowl lie flat; steam in a covered pan from 20 to 25 minutes; dredge with flour, add salt, pepper and butter, and brown in a quick oven, basting every 10 minutes.

## FRIED CHICKEN.

Clean, dress and cut chicken in pieces; wipe dry; salt and pepper, and dredge with flour; put the chicken into hot fat, cook only a few minutes at this high temperature; brown on both sides then put back on the stove where the chicken will cook slowly. Cover as soon as possible with a close-fitting top, and leave it covered through out the entire time of cooking. If cooked in this way, the meat will be very juicy and tender—not hard throughout, yet crisp and brown on the surface.

## ROAST TURKEY.

Steam the bird until tender. In the meantime prepare the stuffing by mixing crumbs, salt and pepper, a little thyme, and melted butter. When the fowl is stuffed, season with salt and pepper and brown on all sides in the oven.

## DRESSING FOR TURKEY.

Crumbs, 1 pint or more; salt, 1 teaspoon or more; pepper, to taste; thyme, 1 saltspoon; butter, 3 tablespoons; oysters, 1 pint.

After the turkey is taken to the table, pan broil the oysters. Season with salt, pepper, and butter, and serve over the dressing.

## TO PAN-BROIL OYSTERS.

Drop 2 tablespoons of good butter in the chafing-dish; add the oysters and cook until the oysters plump and the gills curl.



## ROAST HEN.

Stuff the fowl with crumbs, seasoned with salt, pepper, a little thyme, melted butter, and enough water to moisten them slightly. Rub the breast and legs with a little oil, and place in a hot oven to brown. While the chicken is browning make the gravy by melting 2 tablespoons of butter and blending 4 tablespoons of flour with it. Cook a moment, and add 1½ pints of water. Stir until smooth and creamy. Season with salt and pepper. Put the browned chicken and gravy into a fireless cooker, and allow it to stand at same temperature three or four hours, depending on the age of the fowl.

## RABBIT.

2 tablespoons bacon fat	1 cup tomato juice
½ cup flour	2 tablespoons butter
1 cup water	2 rabbits
1 medium sized onion	salt and pepper to taste

Cook the onion to a golden brown in the butter, add tomato juice, salt and pepper. Dredge the rabbit with flour, and brown in the bacon fat: as soon as the meat is a rich brown, add the tomato sauce and water, and cook very slowly until tender on the back of the stove or in a fireless cooker.

## PORK.

## SAUSAGE.

4 pounds meat	1 tablespoon sage
4 level tablespoons salt	1 teaspoon black pepper
Red pepper to taste.	

Chop meat, add seasoning and then put through the chopper the second time. Use plenty of fat with the meat.

## LIVER PUDDING.

Use the liver, jowl and heart. Cook very slowly until the meat falls away from the bone. Put through a meat chopper; return to the fire, bring to the boiling point, add salt, red pepper black pepper, and enough meal to make a good thick mush; cook slowly again until the meal is thoroughly cooked; cool and, when ready to serve, slice and brown in its own fat.

## BRAINS.

After the brains are thoroughly clean, drop them into boiling water, and cook until tender. Drain, pour cold water



over them, and remove the outer skin and clots of blood. Allow 2 eggs to a set of brains. Season with salt and pepper and scramble like eggs.

### FISH AND OYSTERS.

Protein is the chief nutritive constituent found in fish, just as in meat. Fish are easily digested, except the red-blood variety. The latter has the oil distributed throughout the body, and is often too rich for semi invalids. The flesh of a fresh fish is firm, the eyes are clear, and the scales are bright. Fish should be cleaned as soon as possible after leaving the market.

#### TO CLEAN FISH.

Remove scales before opening, if the fish has scales. Scrape the fish from the tail toward the head with a sharp knife, holding the knife flat and slanting. Open the fish from the gills halfway down on the under side of the body; remove the intestines. The head and tail may be removed or left on as one wishes.

#### BAKED FISH.

2½ to 3½ lbs. fish	1 tablespoon parsley
1½ cups bread crumbs	1 saltspoon pepper
1 teaspoon salt	3 tablespoons butter
A few slices salt pork.	

Dress the fish for baking, mix the stuffing by melting the butter, and adding melted butter, salt, pepper and chopped parsley to the crumbs. Stuff fish and sew together. Make gashes on sides 2 inches apart and fill with thin slices of bacon. Try out a little of the bacon or pork, and drop the fish into the hot fat. Cook a moment or two, and then turn the fish over. After the fish has been exposed to heat on all sides, put into a moderate oven and cook slowly. When the fish is half-done dredge with flour and add enough boiling water to cover the bottom of the pan. Up to this time, the fish had no water in the pan; it is baked very slowly in the bacon fat, and basted every 10 minutes in its juices and fat. Garnish with parsley and lemon, and serve with sauce Hollandaise.

## SAUCE HOLLANDAISE.

1 cup drawn butter	1/2 lemon—juice
2 yolks eggs	1 tablespoon chopped parsley
1 teaspoon chopped onion	1/2 teaspoon salt.

Make a drawn butter by mixing 2 tablespoons of good butter and 1 of flour to a paste. Place this over the fire and add 1 cup of boiling water gradually, stirring constantly until it thickens. Take from the fire immediately and pour over the yolks of the eggs, stirring steadily. Add the salt, lemon juice, parsley, and onion, and serve.

## DEEP-FAT FRYING OYSTERS.

Remove all pieces of shell, wash and dry between towels. Season the bread crumbs with a little cayenne and 1 teaspoon of salt to each cup of crumbs. Beat an egg slightly, dip the oysters in the egg, then in the crumbs, and fry in hot, deep fat. Fat should be hot enough to brown a crumb of bread in a short time. Drain on soft paper. Serve hot.

## PAN-BROILED OYSTERS.

Remove all pieces of shell; drop in the chafing-dish 1 tablespoon of butter, add oysters and cook until the gills curl; add salt and pepper, and serve on toast.

## OYSTER STEW.

1 qt. oysters.	1-1 1/2 teaspoons salt
1 pt. milk	3 tablespoons butter
1 pt. oyster liquor	1 saltspoon pepper

Heat the milk in a double boiler, add butter, salt and pepper. When dinner is ready to serve, drop the oysters in a hot heavy pan with 1 tablespoon butter, and broil until gills curl and the oysters plump. Pour into the hot milk. Serve at once.

## ESCALLOPPED OYSTERS.

1 qt. oysters	2 tablespoons flour
1 teaspoon salt	1 cup milk or oyster liquor
2 tablespoons butter	1 saltspoon pepper
2 tablespoons cracker crumbs	

Pan-broil and drain the oysters. Add the creamed flour and butter to the hot liquor or milk, stir until smooth. Season with salt and pepper. Put the oysters in a baking dish, cover with the cream sauce, sprinkle the crumbs over the top and bake a few minutes.

## SMOKED FISH PATTIES.

2 cups smoked fish                       $\frac{1}{2}$  cup thick cream sauce  
 1 cup mashed potatoes                  salt and pepper  
 Dip patties in egg and fry a golden brown.

## CREAM SMOKED FISH.

1 cup milk                                  2 tablespoons flour  
 1 tablespoon butter                      salt and pepper  
    fish

Melt butter, add flour and stir in the milk until smooth and thick. Broil the fish and pour the cream sauce over it.

## ESCALLOPPED SMOKED FISH.

Prepare as creamed smoke fish. Put the fish in a baking dish, cover with sauce and a few crumbs, and bake a few minutes in a hot oven.

## LEGUMES

## BEAN LOAF.

1 pint mashed potatoes                  1 tablespoon finely chopped  
 1 quart cooked beans or peas            onion  
 $\frac{1}{2}$  cup thick cream sauce                  salt and pepper

Melt drippings, add flour and stir until well blended. Mash beans and potatoes through potato ricer. Add all ingredients and shape into a loaf. Put a strip or two of bacon over it, and bake until well blended. Serve with or without tomato sauce, onions, cauliflower or cabbage. No meat is needed when bean loaf is served.

## THICK CREAM SAUCE.

1 tablespoon bacon drippings            3 tablespoons flour  
     $\frac{1}{2}$  cup milk

## BEAN OR PEA CROQUETTES.

1 cup mashed potatoes                  1 tablespoon drippings  
 1 cup mashed peas or beans             $\frac{1}{2}$  cup milk  
 3 tablespoons flour                      salt and pepper

Melt the drippings, add onions, and cook to a golden brown; add flour, and, when blended, the milk. Cook until heavy enough to drop from the spoon. Combine with other ingredients, allow to stand 2 or 3 hours, then shape into balls or croquettes. Dip in egg and crumbs and fry in deep fat.



## BAKED BEANS.

1 quart beans	1 teaspoon mustard
1 onion	$\frac{1}{8}$ cup molasses
$\frac{1}{4}$ pound bacon	1 cup tomato sauce
2 teaspoons salt	2 tablespoons Chili sauce

Soak beans two or three hours, and when the skins are loose, rub them between palms of hands until they are removed. Then pour cold water through them and put them in the bean pot with the onion, tomato sauce and Chili sauce. Bury the pork in the bean pot, add boiling water to the mustard, salt and molasses sufficient to cover the beans, and keep them covered until the last hour of cooking. Then lift the meat to the top and brown.

## BEAN SOUP.

2 cups beans or peas	1 sprig parsley
2 cups tomatoes	2 tablespoons butter
1 quart stock or water	1 tablespoon flour
1 medium onion	pepper and salt to taste

Use the beans that have been left from dinner. Cook the tomatoes, stock, parsley, and beans until tender. In the meantime, cook the onions to a golden brown in the butter, and add the flour. Strain the tomatoes and beans through a puree sieve, pushing all the pulp through, rejecting only the skins and seeds. Reheat, and when steaming, add the onion, butter and flour. Season with salt and pepper to serve. Beans and peas are good vegetable protein.

## PEA OR BEAN SALAD.

2 cups peas or beans (cooked)	1 grated onion
1 cup shredded cabbage	Salt and pepper
2 or 3 sprigs parsley	

French dressing, cooked dressing or mayonnaise may be served with this salad. A little curd cheese will balance this for a meat substitute. Peas and beans are among the proteins that are called "incomplete" and require milk, egg, or some form of animal protein in small quantity to meet the body requirement.

## COW PEA SOUP.

1 cup dried peas	2 teaspoons flour
1 onion	Salt and pepper
2 tablespoons drippings	



Soak peas over night. Cook in same water until tender. Cook the onion in the drippings until tender, and add the flour. Season the peas, and press through a ricer or meat chopper. Reheat and serve. Peas left from dinner may be used in same way.

#### BEAN OR PEA SANDWICHES.

1 cup bean or pea pulp (left over)  
 1 cup curd cheese or  $\frac{1}{4}$  cup grated cheese (American)  
 $\frac{1}{4}$  cup country nuts

Season with salt and pepper and enough vinegar, or dressing to make good consistency for spreading.

#### CURD OR COTTAGE CHEESE.

##### HOW TO MAKE CURD CHEESE.

Set skim milk that has just turned sour in a double boiler on the back of the stove until the milk is lukewarm, or until it feels warm when dropped on the wrist. Strain through a cheese cloth. Season the curd with salt and sweet cream, and serve in place of lean meat.

##### CURD CHEESE SALAD. No. 1

1 lb. curd cheese                                      3 medium pears (soft) or  
 $\frac{1}{4}$  lb. country nuts                                       $\frac{1}{2}$  can of pears  
 Serve with mayonnaise or boiled dressing on lettuce.

##### CURD CHEESE SALAD. No. 2

$\frac{1}{2}$  lb. curd cheese                                      3 medium pears  
 $\frac{1}{4}$  cup country nuts                                      2 tablespoons stuffed olives (sliced)  
 Serve with mayonnaise on lettuce.

##### CURD CHEESE SALAD. No. 3

$\frac{1}{2}$  lb. curd cheese                                      1 tablespoon of onion juice  
 1 pint string beans (left over)  
 Serve with mayonnaise made of Wesson oil.

##### CURD CHEESE SALAD. No. 4

$\frac{1}{2}$  lb. curd    1 cup peas (left over)  
 Serve with boiled dressing or mayonnaise.

##### CURD CHEESE IN DESSERT.

(Substitute for meat in meal)  
 Curd cheese ball—size of a small egg  
 Brown bread and butter—sandwich  
 Wild plum jelly

## PEAR SALAD.

Soft baked or canned pears.

2 tablespoons grated cheese to each person.

Pecans, black walnuts, hickory nuts, or peanuts.

Serve on lettuce with Wesson oil mayonnaise. This is delicious, and is an incentive to can more of the pears that usually waste.

## POTATO SALAD.

1 pint cooked potatoes	1 tablespoon chopped parsley
1 cup shredded cabbage	$\frac{3}{4}$ cup black walnut meats
1 onion grated or finely chopped	(in winter) or 3 eggs (hard cooked) in summer

Mix with mayonnaise of Wesson oil. This is sufficiently well balanced to answer for a supper after hard work, with the addition of brown bread and fruit.

## STRING BEAN SALAD.

1 pint string beans	1 hard cooked egg
1 onion (grated)	Salt and pepper
French dressing	

A meat substitute should be used with this dish, such as cheese souffle, or creamed eggs with whole corn.

## STUFFED ONIONS.

Boil Spanish onions in salted water until nearly tender; drain and remove the core. Chop fine a little cold ham or beef and mix with the chopped core, adding salt and pepper to taste. Stuff the center of the onion with this, cover with cream sauce, and bake until tender.

## CREAM SAUCE.

2 tablespoons butter	2 tablespoons flour
1 cup milk	Salt and pepper

Melt the butter, add the flour, mix until smooth: then add the milk and stir constantly until it thickens. Add salt and pepper and pour over the onions.

## STUFFED PEPPERS.

1 pint cold cooked ham, veal or beef	3 tablespoons flour
$\frac{1}{2}$ cup milk	1 tablespoon drippings
	Salt and pepper to taste

Heat the milk, melt the butter, add the flour to the melted butter, and when thoroughly blended, pour into the hot milk.

Stir until thick, add salt and pepper, and mix with the meat. Take the core from the peppers, stuff and bake.

## RAREBIT.

$\frac{1}{4}$ lb. cheese	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup cream or milk	Cayenne, a dust
$\frac{1}{2}$ teaspoon mustard	1 egg
1 teaspoon butter	Toast

Melt cheese over hot water, drop the whole egg into the milk, and pour into the melted cheese, stir until it thickens. Season. Serve on toast.

## RICE AND CREAMED EGGS.

Boil rice until thoroughly tender, drain and season with butter or cream. Prepare the eggs by the following method:

## HARD COOKED EGGS.

Pour boiling water in both compartments of a double boiler; put the eggs in the inner division; cover, and place on the back of the stove where water will not boil for 45 minutes. The yolks will be granular, and the whites will be firm, but not tough. Remove the shells, and slice or cut into halves and serve in cream sauce over the rice. (See "Cream Sauce" under "Stuffed Onions")

When there are skins and bones left from a roast chicken, the above may be made by boiling bones and skins to make sufficient stock to use instead of the milk in the cream sauce for the rice and eggs.

## RICE AND CREAMED CHICKEN.

Mince cold chicken and reheat in the sauce made of stock from the bones and skins. Cook the rice so that every grain will be separate. Place the creamed chicken in the center of the platter, and make a border of the rice.

## SCALLOPED POTATOES.

Mix cold mashed potatoes with 2 to 4 tablespoons of grated cheese, cover with tomato sauce and brown in the oven. (See "Tomato Sauce" under "Baked Beans")

## BAKED CABBAGE.

Cook the shredded cabbage in boiling unsalted water until tender, drain and salt, then cover with tomato sauce and

grated cheese. Bake a few moments in a moderately hot oven. (See "Tomato Sauce" under "Baked Beans")

CREAMED LYE HOMINY.

- |   |  |
|---|--|
| <p>1.</p> <p>3 cups big hominy<br/>3 eggs<br/>1½ cups milk sauce<br/>Salt and pepper to taste</p>         | <p>3.</p> <p>3 cups big hominy<br/>¾ cup cheese grated<br/>1 cup tomato sauce<br/>Salt and pepper to taste</p> |
| <p>2.</p> <p>3 cups big hominy<br/>1 cup left-over chicken<br/>1½ cups milk sauce<br/>Salt and pepper</p> | <p>4.</p> <p>3 cups big hominy<br/>1 cup left over beef<br/>1½ cups tomato sauce<br/>Salt and pepper</p>       |

CREAMED ONIONS.

- 10 medium spring onions(cooked)  
4 eggs  
1 cup cream sauce  
Salt and pepper

CREAMED POTATOES.

- 3 cups cooked potatoes  
3 eggs  
1½ cups cream sauce  
Salt and pepper

See "How to make lye Hominy" under Methods of Saving Wheat, page 9.

These dishes are made in a pudding dish, and baked long enough to heat through and blend the flavors. The creamed hominy and potatoes prepared in this way save both meat and bread, and are very appetizing.

### C. METHODS OF SAVING SUGAR

1. Use honey and syrups of all kinds.
2. Syrup made of peach parings and seeds.
3. Syrup made of left-over fruit juices.
4. Syrup made of canned fruit juices.
5. Make jam and marmalade of culls.
6. Bake fruit long and slowly to develop fruit sugar.
7. Dried fruit cooked slowly in little water develops fruit sugar.
8. Sweet potato biscuits or puffs save sugar and flour.
9. Omit all frostings for cakes.



10. Candy making, except with molasses, should be omitted.
11. Make war cakes.
12. Use dried fruits to save sugar.  
Three ounces of sugar (6 tablespoons) a day is sufficient for body needs.

## BAKED PEARS.

12 large hard pears	1 inch cinnamon bark
$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ inch ginger root

Bake in a slow oven with just enough water to cover the bottom of the pan until the fruit juices begin to cook out, then cook until tender in their own juices. If these are not all needed at the meal, sterilize a glass jar and pack—while pears are hot. Process five minutes.

## GINGERED PEARS.

10 pounds pears peeled and quartered  
 $7\frac{1}{2}$  pounds sugar  
 4 ounces ginger root or 2 level tablespoonfuls powdered ginger

Juice and the grated yellow part of the rind of 3 lemons.

Grind pears through meat chopper. Place all ingredients in enameled kettle. Cook for about 2 hours or until amber colored and of the consistency of jam. Pack while boiling hot in jar No. 5042 or in 4-H jam pot. (Extension Circular No. 11. N. C. Dept. of Agriculture)

## TO MAKE JAM OR MARMALADE OF HARD PEARS.

1 gallon pears	2 oranges
1 lemon	$\frac{3}{4}$ quantity of sugar

Grind the fruit in a food chopper, using all except cores, seeds and tough membranes. Allow the fruit to reach the boiling point, and add  $\frac{3}{4}$  as much sugar as fruit. Cook slowly until thick and amber colored. Seal.

## BROWN BREAD

3 cups Graham flour	1 teaspoon soda (round)
1 cup white meal	1 cup raisins
$\frac{1}{2}$ cup brown sugar	1 egg
1 teaspoon baking powder	$\frac{3}{4}$ cup molasses
2 cups sour milk	

This answers for cake as well as well-balanced bread.

## SUBSTITUTE FOR FRUIT CAKE.

1 cup sugar (brown)	1 cup raisins
$\frac{1}{3}$ cup Crisco or Snowdrift	1 cup nut meats
1 egg	1 teaspoon mixed spices
1 cup apple sauce—either dried or fresh fruit	1 teaspoon soda (level)
2 cups Graham flour, or	2 teaspoons baking powder
$1\frac{1}{2}$ cups flour and $\frac{1}{2}$ cup shorts	

Saves flour, sugar, fat and eggs.

## PLUM PUDDING.

$1\frac{1}{2}$ cups suet	Cinnamon, nutmeg, cloves and vanilla to taste
1 cup brown sugar	4 cups flour
1 cup molasses	4 teaspoons baking powder
1 level teaspoon soda	$\frac{1}{2}$ cup sour milk
1 or more eggs	1 cup raisins
$\frac{1}{2}$ cup lemon juice and rind	$\frac{1}{2}$ cup nuts
1 cup currants	

Chop the suet, clean the fruit and nuts, and dredge the fruit with one-half of a cup of flour used in this recipe. Mix suet, brown sugar, cinnamon, nutmeg, cloves, and baking powder with the flour. Put soda in the molasses and beat vigorously; then add the well beaten eggs, juice and rind of the lemon, and the sour milk, and pour into the flour. When well mixed, add the floured fruits and nuts; pour into a wet mold and steam 3 or 4 hours, then brown in the oven. Serve with plain cream or a sauce made of fruit juices.

## PRUNE JELLY.

2 cups prunes	$1\frac{1}{2}$ cups boiling water
juice of $\frac{1}{2}$ lemon	1 tablespoon gelatine
$\frac{3}{4}$ cup sugar	(granulated)

Cook and seed the prunes and grind in a meat chopper; add sugar and lemon juice; soften the gelatine with a little cold water; then dissolve with the boiling water, pour into the prunes, mix and put into a cool place to mold.

## PRUNE SOUFFLE.

3 cups prunes	$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
2 eggs—whites	3 tablespoons lemon juice

Cook prunes in a very little water. When thoroughly tender, seed, run through a meat grinder and mix well with the

sugar and lemon juice, carefully fold in the beaten whites of eggs, and bake in a moderate oven. Serve with plain or whipped cream.

The cheapest grade of prunes may be used for these desserts.

#### STUFFED PRUNES.

Remove the seeds from the cooked prunes by cutting an opening down the side. Stuff with nuts and serve with cream or whole milk.

#### PRUNE WHIP.

Cook prunes in as little water as possible. When cool, remove seeds and run through a food chopper. Sweeten to taste, and add juice and rind of  $\frac{1}{2}$  lemon. Fold in whites of 1 or 2 eggs, or two or three tablespoons of whipped cream.

#### COFFEE CAKE.

1 egg	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup sugar	2 teaspoons baking powder
1 teaspoon salt	1 tablespoon brown sugar
$\frac{1}{2}$ cup milk	1 teaspoon cinnamon

Beat the egg thoroughly, add the sugar gradually, then the melted butter, salt, milk, flour, and last, the baking powder. Pour into the oiled pan and sprinkle the top with brown sugar and cinnamon. Bake in a moderate oven.

#### COTTAGE PUDDING.

3 tablespoons butter	2 to $2\frac{1}{2}$ cups flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	3 teaspoons baking powder
1 cup milk	

Beat the egg thoroughly, add sugar gradually, then add butter, salt, milk, and flour alternately, and last the baking powder. Bake in a slow oven. Serve with chocolate syrup.

#### CHOCOLATE SYRUP.

1 ounce chocolate (4 tablespoons)	$1\frac{1}{2}$ cups sugar
$\frac{3}{4}$ cup boiling water	A few drops vanilla

Melt the chocolate and sugar in a little of the boiling water, add the remainder of the boiling water, and boil to a syrup. When cool, add a few drops of vanilla. Bottle and keep in a cool place.

## CHEAP CAKE.

$\frac{1}{2}$ cup butter or substitute	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{3}{4}$ cups flour
2 eggs	3 level teaspoons baking powder
$\frac{1}{2}$ teaspoon cinnamon	
2 doz. raisins	

Cream butter, add sugar gradually, add well-beaten yolks and milk, then flour and cinnamon. When oven is ready, add the baking powder, floured raisins, and carefully fold in the whites of eggs.

## SPONGE CAKE.

2 eggs	$\frac{1}{3}$ cup flour
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ teaspoon lemon rind
$\frac{1}{2}$ teaspoon lemon juice	

## FRUIT PUDDING.

(Substitute for Pies)

Pare and cut the fruit and put in a deep pudding dish without a crust. If the fruit is juicy, put a cup, mouth downward, in the center to take up the juice; add sugar and water (if the fruit needs it) and cover with a top crust. Bake slowly. Serve with hard sauce or brown sugar caramel.

## DRIED FRUIT PIE.

If the fruit is cooked in the water in which it is soaked, without sugar, the flavor will be better.

When the pastry is ready, put in the fruit, add very little sugar, and bake. When ready to serve, put a slight covering of honey over the crust.

## FRUIT PIE.

Fill a pudding dish with fruit if the fruit is juicy put an old cup, mouth downward, in the center of the dish, and pack fruit around it and over it. Cover with a top crust, and over the crust sprinkle a scant spoonfull of sugar. Bake slowly to develop the fruit sugar.

If there is stale bread, use the bread with a slight sprinkling of sugar and a few dots of butter to cover the pie instead of the top crust. Use no bottom crust.



## PUMPKIN PIE.

4 cups pumpkin	1 teaspoon vanilla
2 eggs	1 tablespoon cinnamon
1 $\frac{1}{4}$ cups sugar	1 tablespoon butter
1 $\frac{1}{2}$ cups milk	

Wash the pumpkin, cut in half, remove the seeds and strings, and bake in a moderately hot oven. Mash the baked pumpkin, add sugar, yolks of eggs, milk and butter, vanilla cinnamon, and whites of eggs. Bake in a deep pudding dish without crusts.

To serve: Cut the crust, which is baked separately, and with a tablespoon heap the pumpkin loosely and roughly on the crust.

## LEMON PIE.

2 level tablespoons cornstarch	1 cup water
3 level tablespoons bread crumbs	1 level tablespoon butter
1 cup sugar	1 lemon (juice and rind)
2 eggs	large, or 2 medium

Dissolve corn starch in a little cold water, add sugar, butter, and boiling water, and boil until thick and smooth, about 5 minutes. When cool, add bread crumbs, lemon and eggs. Bake the crusts in individual shells, and when they are nearly done, fill with lemon custard, using white of egg as a meringue. The custard is a thick, heavy mush, but not soft enough to run. The pastry is tender, light and flaky.

## PEACH WHIP

3 cups dried peaches	2 tablespoons sugar
	2 egg whites

Cook the peaches in the water in which they are soaked. When tender, mash fine, add sugar, and fold in whites of eggs. Bake in a moderate oven.

## JELLIED PEARS.

1 tablespoon gelatine	$\frac{1}{2}$ cup sugar
6 or 8 pears	1 inch cinnamon stick
$\frac{1}{2}$ lemon	

Core and pare the pears. cut into fourths, and bake or steam until tender. Boil the cores and parings in a little water, and when tender, strain the juice over the dissolved gelatine. Pour over the pears and cool.

## COMPOTE OF PEACHES OR APPLES.

Pare and core the fruit. Cook the parings and seeds in a little water until tender. Strain, measure the juice, and add one-fourth as much sugar as fruit juice. Boil the sugar and juice a few minutes, and add the fruit. Cook until the fruit is tender.

## D. METHODS OF SAVING FATS

1. Save all drippings.
2. Use drippings from beef, chicken, goose, and save butter for table use.
3. Use bacon drippings instead of butter for all sauces, that are blended with or served with coarse meats and vegetables.
4. Gather all nuts—saves fat and protein.
5. Omit pie crusts—saves labor, fat and flour. Use slices of stale bread for top crust—sprinkle lightly with sugar and small bits of butter to keep toast from hardening.
6. Use cotton seed oil, peanut oil—make dressings of Wesson oil.
7. Use less fried food—saves fat and promotes health.
8. Use green-leaf vegetables in abundance. They have stored in their cells certain oils that are essential to growth and development. The leaves of most growing plants that are used for greens and salads belong to this class—egg-yolk, butter, cream, rich milk and cream-cheese, are the other foods in which these “growth determinants” are found chiefly.
9. Peanut butter may be used to an advantage in school lunches.
10. Peanuts used in salads are a saving both in fat and protein.

About 2- $\frac{1}{8}$  ounces fat per person necessary for health:

3 $\frac{1}{4}$  ounces per person in use now in U. S.

2 tablespoons equal 1 ounce.

## E. HOW TO SAVE TIME, STRENGTH, FUEL AND FOOD VALUES, BY THE INTELLIGENT USE OF THE FIRELESS COOKER.

During the past year the Rural Club Women of North Carolina have studied with enthusiam the art of planning their daily routine of work in order to save time for canning, preserving, drying, and the various other means of conserving perishable food-stuffs.

One of the most valuable lessons has come from the building and use of a large, one-compartment fireless cooker, costing from \$1.50 to \$5.00. Those who are already using the cooker have learned to plan the work of the day by gathering and preparing the vegetables in the cool of the afternoon previous. They are left in the iceless refrigerator over night, and are as fresh the next morning as when they came from the vines. When the breakfast fire is made, the soap stone is put on the stove, or in the oven to conserve the heat for use later in the day. After the breakfast has a good start on the stove, the meat and vegetables for dinner and supper are put on the stove to save heat later in the day. By the time breakfast is ready to serve, the dinner and supper may be put into the fireless cooker on the hot soapstone.

### A WELL BALANCED MEAL MAY BE PUT INTO A ONE-COMPARTMENT COOKER ON ONE STONE

#### *Example 1.*

Fowl	Peas
Potatoes	Okra
Carrots	Fruit

#### FOWL AND STUFFING.

Season 1 pint of crumbs with salt, pepper, a little thyme, melted butter and enough water to slightly moisten the crumbs. Stuff the bird, and rub legs and breast with little oil or drippings, and put into the hot oven (breakfast fire) to brown.

#### TO MAKE GRAVY.

While chicken is browning, make the gravy by melting 2 tablespoons of butter and blending it with 4 tablespoons of flour. Cook a moment, and add 1½ pts. of boiling water. Stir until smooth, and season with salt and pepper. Set on the cooler part of the stove until other foods are ready for cooker.



## TO HEAT VEGETABLES.

In the meantime, put potatoes, peas, carrots, okra, in one vessel on the stove to heat in about  $\frac{1}{2}$  cup of water. Cover and allow them to cook until chicken is brown.

THE HEAT OF THE STONE.—When the stone is hot enough to brown a light sprinkling of flour, put it into the cooker and quickly put the fowl into the boiling gravy and place it on the hot stone in the cooker. Put the vessel of hot vegetables over the chicken to answer as a lid, and cover the vegetables with a tight lid or plate. (One vessel is placed above another like a double boiler or steamer). About one half an hour before time to serve, open the cooker and salt the fowl, and season the peas, potatoes and carrots with butter or drippings, or with some of the gravy from the fowl. Close the cooker until time to serve. Serve each vegetable on a separate dish.

*Example 2.*

## A POT-ROAST WITH VEGETABLES.

Chop a tough cut of the round in a little flour and brown in a little bacon fat. When brown, add  $1\frac{1}{2}$  cups boiling water. Put into the cooker on the hot soapstone in a vessel large enough to hold potatoes, carrots, turnips and onions. The vegetables should all be boiling hot when put into the cooker except the onions. When nearly tender, open the cooker and salt the meat. Serve on a large platter, the brown roast in the center with the vegetables around it, and the brown gravy in a boat or bowl. This makes a pleasing dish when well seasoned and reduces the labor of dish washing.

*Example 3.*

## RABBIT IN CREOLE STYLE.

Dip the meat in flour and brown quickly in drippings. In the meantime, brown an onion in drippings and add 2 table-spoons of flour. When this is blended, add 2 cups of tomatoes. Stir until thick. Strain the tomatoes, or not as you like, over the rabbit and put into the cooker with potatoes, carrots, and parsnips. These require work over the hot stove while the stone is heating only. Season with salt and pepper.

## SNAP BEANS IN SOUTHERN STYLE.

If snap beans are wanted in Southern style, the bacon is put in a *very small quantity of cold water* to cook—for 3 quarts



of snaps not over 1 cup of water. After the meat has boiled ten minutes, put the beans in to cook and cover. Allow them to boil while the breakfast fire is burning—at least  $\frac{1}{2}$  hour. This causes the outer cellulose to soften and let down the water from the bean cells. Season, and cook in the same vessel potatoes, okra, corn on the cob, or any other vegetables.

The great drawback in the use of the cooker has arisen out of the fact that few people realize that green vegetables are from 80-95% water. This water holds valuable mineral salts needed for body uses, and when too much water is added to green vegetables, there being no evaporation to speak of in the cooker, the result is an insipid, watery vegetable which no one likes. Vegetables started in a small quantity of water are cooked in their own juices, and are, of course, sweeter and more wholesome.

#### FOR BAKING IN THE FIRELESS COOKER TWO STONES ARE NECESSARY.

FOR GRAHAM FLOUR LIGHT BREAD, heat the stones until a light sprinkling of flour on the stone turns a rich tan. Put the flour on the stone when it is first placed on the stove, or heat the stone until the thermometer registers 375 F.

FOR PIES—the flour test should be a dark, rich brown, or 450 F. Put the fruit in a deep pudding pan. If juicy fruit is used, put a cup in the center of the pan to take up the juice as it cooks out of the fruit, and cover with a good crust, made soft like soft buttermilk biscuit dough, with a little more fat in it. Put little or no sugar in the fruit, as the long slow cooking develops the fruit sugar, but put a slight sprinkling of sugar over the crust with a bit of butter here and there on the crust. This is delicious, and saves much hard work in rolling crusts for eight or ten pies.

GINGERBREAD bakes at 375 F., or the light tan flour test with an asbestos between cake and stones, bottom and top.

FOR CAKES 3 OR 4 INCHES THICK the stone should register 375 F., or the light tan flour test. A plain cake this size requires an hour to bake. Line the pan with greased paper, and place an asbestos mat between cake and upper stone. The strongest heat must come from the bottom.

## SUBSTITUTE FOR FRUIT CAKE.

1 cup brown sugar	1 level teaspoon flour
$\frac{1}{3}$ cup Crisco or Snowdrift	1 teaspoon baking powder
1 egg	1 cup raisins
1 cup apple sauce (dried or fresh fruit)	1 cup nuts
2 cups pastry flour	A pinch of salt

Cream the butter, add sugar gradually, add whole egg well beaten, the apple sauce and the mixed spices. To the flour, add the soda, baking powder, nuts and raisins, and mix well. Mix the dry ingredients with the liquids, and bake between stones registering 375 F., from 1½ to 2 hours. If the cake seems too moist, dry it out in a slow oven 8-10 minutes. This recipe is adapted from Apple Sauce Cake by Mrs. Marietta Brown, Kinston, N. C.

## A LARGE, INEXPENSIVE FIRELESS COOKER.

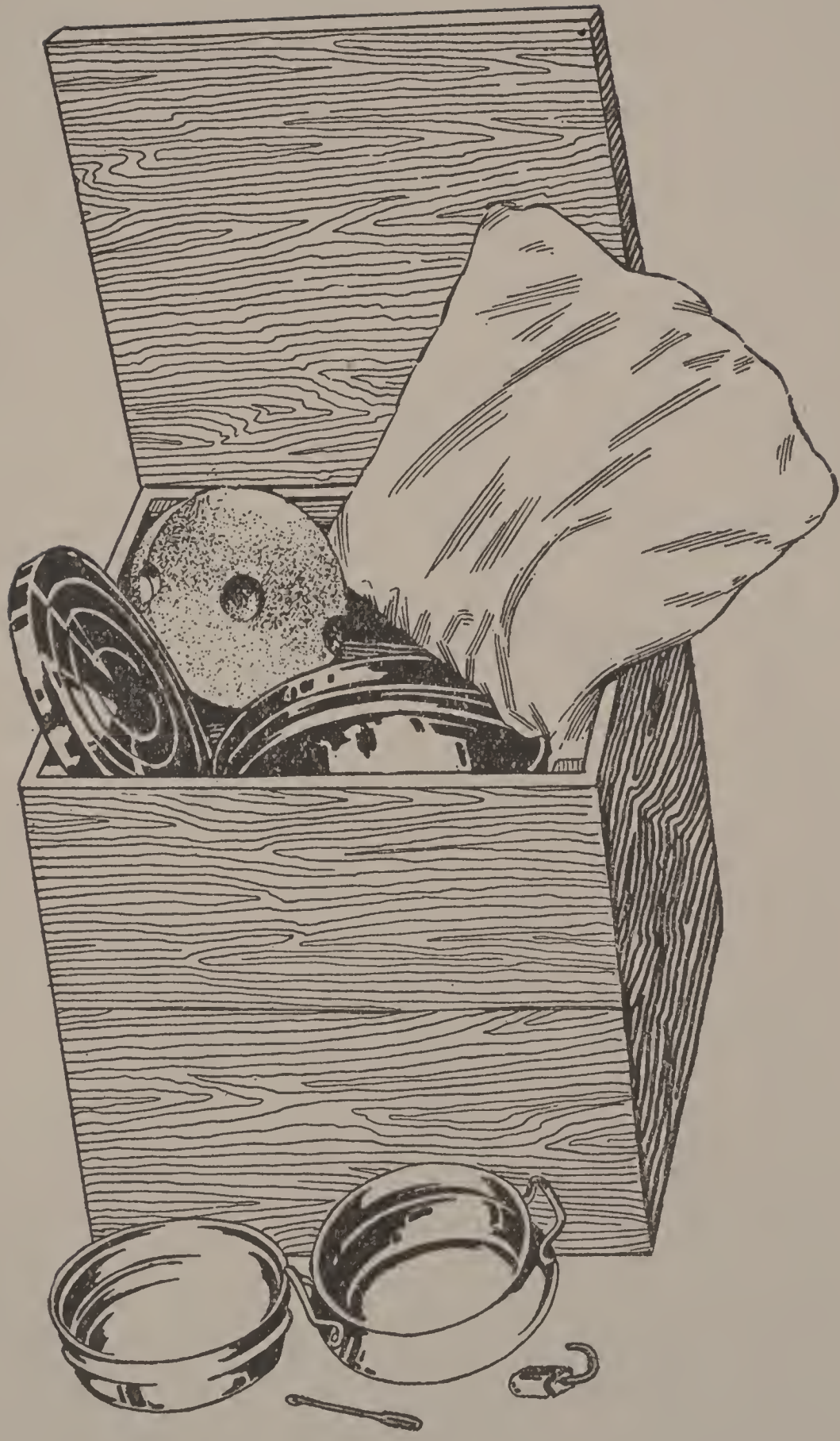
(Cut shown on opposite page)

A good box 20 inches in length, 20 inches in width, 20 inches in depth. (20x20x20)

1. Put a thick layer (3 inches) of dry sawdust or ground cottonseed hulls in the bottom of the box.
2. Wrap the *bottom* and *sides* of a 50-pound lard tin with *thin* asbestos sheeting, and place it in the center of the box equidistant from all sides.
3. Pack the space between the box and the large can—3 inches—as *tightly* as possible with clean, dry sawdust or ground cottonseed hulls up to within an inch of the top of the can.
4. The packing may be covered with cement, or plaster of paris may be dissolved to make a hard finish, or lumber may be tongued and grooved to fit around the mouth of the can—between the can and the box.
5. Make a pillow 24 x 24, and fill loosely with the non-conducting material.
6. Make a lid to the box, and fasten with staple and hook.
7. Casters put on the box will make it more convenient.

This outfit, including two soapstones, will cost from \$1.50 to \$3.50. Soapstones should be bought at any firstclass hardware store at 50c a piece, or they may be ordered from Sears & Roebuck, Chicago.

To make cement—use six cups of cement, three cups of clean sand, and enough water to make a good mush.





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